



RESISTANCE TRAINING

This 1 hour class is a full-body, low-impact workout to give you overall strength, muscle endurance, & flexibility for all ages & fitness levels.

FELKER COMMUNITY CENTER

Mondays & Wednesdays

At 9 a.m.

Instructor: Nichole Nunnally

Certified personal trainer & group instructor

nicnunnally@windstream.net

(770) 601-0102

\$5 non-members/\$4 members

